

Compiled Explorer Series #32 - Seeking Personal Guidance

(Unedited Transcript)

David 00:00

Hello, this is David Molby. I work for the Monroe Institute as a trainer for gateway voyage and guidelines programs. And guidelines. We stress at the point of the program is not necessarily to become a channel, but to develop a better rapport with one's inner guidance, and that can take many forms. As part of the program, we sometimes bring in one of our experienced explorers to talk with their participants. And that can lead to some interesting and sometimes entertaining sessions. This quarter's explorer excerpt is from one SUCH session, which took place in October of 1986. Explorer ROMC perhaps best noted for explorer tape number 17, the Patrick rescue mission, has contact with a number of non physical friends. This session begins with a delightful entity known as Alfonzo, whose last incarnation was as a musician in the late 18th and early 19th. centuries.

ROMC 00:58

Good evening.

Robert Monroe 01:00

Good evening, and how are you this evening?

ROMC 01:05

Well, I enjoy this session very much. Too bad, we

Robert Monroe 01:12

do not have a piano for you. Well, I

ROMC 01:16

thought one group is inserted, I thought that I would play my piano and they can come over or my Aiden,

Robert Monroe 01:30

that's a good guy. I wish I could arrange that temporarily, of course, of

ROMC 01:39

course, temporary, we wouldn't want to

Robert Monroe 01:47

be a tour guide.

ROMC 01:48

So if you've really done a good job in your training, Mr. Monroe, they should be able to just step out of the body and be able to get into the play

Robert Monroe 01:58

I've been working on.

ROMC 02:01

In fact, if they didn't come back, you'd have to return their money.

ROMC 02:16

got quite a group here, live energy, alive, marvelous energy. When you really get into AI, from our side, we can see, we can see the colors involved in the group. And of course, with every vibration, there is COLOR and there is there is Melody with every entity. That's right, each entity played their own song. And that's why you're all here is to find the harmony and try to bring their own your own vibration into the right tournament. And many of you, of course, on this plane do run into in harmonious situations. But part of your purpose for being here is to get into the inner attunement and raise your vibration. And as you know, that is the main purpose for being on the planet Earth.

ROMC 03:52

Afonso goes on to explain his association with ROMC and how seeking one's inner guidance is beneficial for all concerned.

ROMC 04:01

My association with this entity, it's a very important Association. Now being who are in the human body are connected into energy systems and energy systems are interconnected into other levels. All of you who are in this room and are on the earth plane are interconnected in your vibratory level. And one level you're all playing the same. But each entity has their own special vibration that is connected into other levels beyond themselves. And this is what you're doing when you get in touch and in tune with your own vibration who you In attunement, with your various levels of guidance, I found the one of the levels of guidance of this entity. And I had made an agreement before she came into this plane, because we are on the same vibration. And we have worked together in other dimensions. And our dream was that we would work together in this dimension, and that I would not reincarnate that we would come and blend the vibrations to help not only to lift or vibration, but the vibratory rate of others in the healing dimension. Now, let me say, as I'm talking about vibration, what is important to remember is that every time your vibration is raised even one level, just a very simple raising

of vibration, it changes the rate of vibration levels throughout eternity. Therefore, it is very important for you to be aware that as you grow, and as you get in touch and attunement with your inner levels, you are raising the consciousness not only for yourself, but to mention and this is very important because all who are here are here with a great desire to grow, to grow and to get into atonement. And if they leave this session as each have gotten into the level of atonement there will be changes taking place to many dimension

ROMC 07:16

why through Thank you for coming and being with us that we use is such a warm and enjoyable person to be with.

ROMC 07:26

Well we both appreciate your compliments tonight. Monroe very appreciate they're inviting me there are quite a few others that are

ROMC 07:47

here. I promise you the next time I will have a piano for you.

ROMC 07:52

You don't like my piano?

Robert Monroe 07:54

well I wanted them to hear it don't you see

ROMC 07:56

oh they all heard it

Robert Monroe 07:57

well they don't remember it's a problem.

ROMC 07:59

While you're gonna have to ask. Come in and play tonight. Whether all asleep and awake, no matter what time do you want to wake up? To be surprised?

ROMC 08:18

Yeah, surprise them. We'll do a nice series of arpeggios, arpeggios, and then some high strikes up in the upper range and all that and doing nice high octave proactive.

ROMC 08:36

I want to say that the other day, the other team, they're all here, or they are way too strong. And I happen to be the one that be the contact and your friend to call. So tell them why you're calling. But he hasn't chosen to take an identity and this plane is has not always not I know and are a specific reason. And you know why? specific reason? Do you remember?

ROMC 09:32

I do Yes. That locks him into this plane too much. That was what I remember him telling us

ROMC 09:40

I just wanted to check and see how much you remembered. I know, sometimes you got a little sleepy.e Like maybe maybe, on the other hand,

Robert Monroe 09:55

didn't happen.

ROMC 09:57

I didn't want I wanted that to happen. I think it happens to the best and worst of us and yes, there's no better or worse than that something's still happening actually, all that's happening when you're dozing off could even slip out of body. When we're trying to talk to him, it'd be off dozing off. We bringing back a little warm down here. Well,

Robert Monroe 10:57

they enjoy you as much as

ROMC 11:04

well, you know, we do enjoy life, all dimensions, you know, quite upset that you were on both sides.

ROMC 11:11

But we can get serious. I want to say yeah, man, a privilege being invited here. And bye. Bye. Think that Jamie and I are going about what I'd say about, I want you to know that it's quite a process of working through an energy field. And stepping out and I have one of my friends here is going to come in and talk to the quill put out a bit about energy field and how they work through them.

LMC 12:19

Alfonso went on to say that since he was more closely connected with ROMC he had cleared the energy body for the next source, it took some moments for the transition,

ROMC 12:30

we would like to, to you with regards to the inner v system, we have worked with this particular system here this evening, in shifting the vibrations and with regards to questions that have taken place, here and with regards to questions that are in your own mind, we want to clarify some energy questions as to what happens when you tune yourself up and turn yourself over to levels of guidance. It is very, very important for you to be centered in your own system, to be centered in body, mind, and spirit. To have the light around you, in your own mind, whether you do this consciously or unconsciously, and as you go in to yourself and ask for guidance, their friends. It is very important always to center yourself in the light of the light, their friend is that symbol in your dimension, and in ours that represents that center. That center of oneness, that center of being that center of consciousness. The all one the light that is The light that is that which you are and the light, what is that what is your protection

ROMC 15:12

and why their friends do we say protection, we say that when in your dimension, when you are not centered, your energies are all inter related, because you are an energy system in and of itself all that is life is an energy system that is working on a rate of vibration. And in the earth dimension, which is a much lower vibration. What happens is that, when you are not centered when you turn your energy system around, and what happens when you turn your energy system around, when we say that, that means that you are asking specifically for higher energies to interpenetrate to bring a level of guidance. And therefore, when you turn your energies around, that means that just with the thought of asking for guidance, you're opening up a level of vibration from another dimension. Therefore, if you are not centered with your energy system in any way, is interpenetrated with any kind of a blockage, that when you turn your system around asking for levels of guidance of what would happen if you are not centered in the light is that the energies that are directly connected to the earth dimension, curved, inner penetrate. And that is what we say happen when those who play with energies, and do have those on the earth plane who do this as a game. And you'll hear of those the term possession which is what happens when entities on the earth claim do not know what they are doing. And they are playing and then you have other entities who are playing. And we're not saying that playing is not what is important, because you all have are centered in joy. But it is important when you turn your system around and center in guidance always to center within your inner self, the light you think of the light that how you center you use affirmations you use that which is comfortable for you as you center yourself.

ROMC 18:35

And what we say happens when entities do not know and understand the principles involved. When they open their system, when they are playing with what you call the rigid board or what other types of gain what happens is that they turn themselves around in their mind, just the thought that we are open for communication and there are always levels of communication that wheel is ready to come in. So the very important aspect always in life is to be centered in your

own self continually ask for guidance. This is a process that is a principle in the energy level that anytime you have a thought helped me Give me guidance. This will always take place but you specifically would ask for the guidance from the light dimension. And this is important because the system works In any dimension, just with the thought of opening up, and you can understand then, why the levels of in certain aspects of your dimension will, things will happen to people and then the entities involved are could be as we say could be in trouble, but, what is happens is that, it is not trouble as much as the universal principle is happening the opening takes place and some energy comes in directly from the same dimension on which the vibration is at work. This is why we say that, for the guidance, it is always important to be centered within yourself in your light essence, to ask for the level of guidance beyond your own vibration to protect and guide you.

David 21:16

At this point, flip the cassette over to the other side and the Explorer session will continue

ROMC 21:21

what happens when the energy system is turned around, we use this term because just the thought thought at all levels is the part that is the pure energy that produces the effect. Therefore, your thought all of you are here with the direct thought of receiving guidance, all of you have guidance, because built in to the energy levels of all beings is a direct line of guidance from all dimensions. And the thought I want guidance, I want direction that sets up the process that begins to open your inner energy levels and the various types and dimensions of guidance comes to you. Now, there are many types as many types of guidance and levels of direction as there are energy system. And each of you are very unique in your vibratory levels. So therefore, it's very important for you, as you open yourself to guidance, you center yourself in the light, you have the affirmations that helps to protect you, to keep you into the higher level of guidance. By centering yourself, you're asking for the level beyond yourselves in a higher vibration to come through you. And what you are doing after you have centered yourself and the process, the thought I want guidance means that you are open then for the level of guidance, which is in attunement with your own purpose for being in this plane, you then get into the attunement of the guidance that is very much associated with your own particular energy system. Therefore, it is important for all of you to drop any expectations of the type of guidance specifically, that you expect, because what can happen is that if you have a expectation, which is a thought form, this is this at the causal level, that thought form can block the pure level of the type of guidance that is coming through you. Now, let us say that your existence on the plane in which you are is a level of guidance in and of itself. Because everything that takes place in and around you at all times is the manifestation of that which is in you the manifestation of your thought and there Four, as you look at everything that is happening to you, number one, you are receiving direct guidance, every second, every second of your existence on the earth plane, because what happens to you is the manifestation of

what you are doing, you are being guided by your own energy system, your own thought process, because the level outside of yourself is the second level, it's the condition of what is within you.

ROMC 25:39

And therefore, it is important as you seek guidance, to be aware of exactly what you are creating in the earth dimension by looking at all that you are. And therefore, from this reflection, you receive the guidance as to what is taking place, that you do not want to have in your own inner world. And if that which you see, you do not like you want to change, you always can say if you do not have know how to change it. And each day as you see the manifestation of what you are taking place around you, and you do not know how to change it, you can ask always for help, and you will receive guidance, it will come in many ways, it will come perhaps in a disguise of another being who immediately comes at some level and does what you need to have with you need to receive and the guidance can come through the energies of another being on your plane also, you will receive guidance in your dream state, that is the time when your energies are in reverse your energy system has reversed as we say, you have turned the energy system around and at that state when you are in the dream state, there are many levels of energy that have interpenetrated and you move into another dimension, just by the fact of going into the dream state and at that level, you will receive dimensions of guidance, some of you travel, some of you immediately go into the dimensions beyond yourself the vibratory rate, the level where you need to receive continual teaching teachings that some have started before you came into this plane.

ROMC 28:02

And some of you will that go too far from the physical body and then there are others that will come to you and work with you in the teachings and the health that you have asked for. Now, this is another stage of guidance. The first as we said is the direct guidance in your plane. The other state is the turning around of your energy system in a sleep state and a nother level of guidance is that level which goes into really dimension that can go for many dimensions within your own system, where you are in touch with what you call your guide. Now, what is a guide? The guide is exactly what the word means. every entity that comes into the earth plane has a guiding force that is working with them. Every guiding force has a guiding force of a dimension beyond every guiding force has a guiding force of a dimension beyond and this goes to many, many levels. So you can see that when you receive guidance, you have guide to guide to guide as the guide that is working with you through the levels of attunement and this is a part of the natural state of your energy system. The built in guidance of you are perfect. We are perfect in spirit and the purpose for which we exist in the various levels of vibration is to Come into that attunement with our perfection, which is that which is the god essence, the level of timelessness, which is a part of all of us part of our being. And what happens when you begin to get in touch with your guidance, you'll begin to change vibration, the guidance is helping you

to raise the level of your vibration, there is no place to go, there is only one level and the level to which we are all directing, being directed is to change to the vibration of perfection. Therefore, those of you who are live on the earth plane, you perceive time and you perceive space. But in reality, there is no time there is no space. Everything exists on levels of vibration. And as the vibration changes, your perception changes. And that which you are you begin to get more in touch with your perfection. You're like your God essence. And that their friends is why you are all here, you avidly seek the guidance. And as you open as you have reversed your energies by the thought, I desire guidance, the thought that I cannot do it myself, I need help. And that thought is very important. Another thought that is very important is the thoughts of appreciation, and thankfulness for the guidance that you'll receive. So before you leave or each day, as you open your eyes, to ask for the guidance in any way, the unseen guidance, center yourself in the light and attune yourself to receive guidance from the many dimensions of your being and always have a thought of thankfulness for that which you are and that which you receive, because there is only one a oneness in the universe.

ROMC 32:38

We say as we speak in terms of guidance and guidance, that each of you may receive your guidance in a nother a very variation of way, some are more oriented to the audio, where you will hear if your energy system is more in your brain system works more from the audio reception, you will hear guidance you will hear and not necessarily see. And that guidance is profound and important as the guidance where you will see your guide. So, have your inner ears open, always to hear the words that come it can be heard in an audible tone, it can be heard in your soul essence. It's a knowing and a hearing. So, keep your inner ear open because there are some who receive guidance in that form. There are some who have direct sight that you will see your guidance and that there are some who will just have a conversation with the guidance at some level, if your eyes are closed and you see the face before you ask that it speak to you. And you can receive guidance in that way. There are some as this entity is where the guidance can come through and speak not only to this energy system, but to other energy systems, because the guidance that one receives specifically for that entity. However, as was said, when that entity changes and the vibrations are lifted, every entity every last form of life within all levels is changed as your growth takes place, this dimension therefore, there are some who see some Who here and there are some who merely since, it is very important to know dear friends, that not all of you will hear or see, because some of you are on a vibration of sensing you send information, you can sense a presence. And therefore, when you begin to get in touch with the fine attunement and sense, the presence, you sense the information, you can sense in the level of a knowing and know what it is that you are to do.

ROMC 35:41

Therefore, it is important to be in touch with that sensing level what we are saying is that, as you are open for guidance, and you reverse your energy systems as you have already done in

asking for guidance, you must be open to allow the flow to take place, because you are saying that you do not know exactly how you will see help, you are asking for guidance, because you are asking for a higher level of energy to work through you. And this is important that as you do. So, you must be willing to allow the universal energies that are beyond your own system to work into your levels to trance form and that is what is called following the flow of your own energy we feel sent and to know that the energies within this group are very elevated there are vibrations that have been lifted into many levels. And there are many dimensions beyond the knowing that are changing within this group, there is much that is happening. And if you do not feel that anything is happening, release that thought those who have any sense of doubt, a drop of doubt is a thought it is a cause that can block therefore, just know that by the thoughts, I want guidance, there is guidance that is taking place at a level and you might not always know the effects of the guidance, but it is taking place fast do Shall we see that is a phrase that has been in the earth dimension for a long time. And it is a universal principle that when you ask to always receive the guidance, that you have asked for, what we say is you should not decide exactly what type of guidance what you will receive. Because when you are asking, you're asking for the dimensions beyond the guidance and the guidance and the guidance that does know more than you consciously know. However, we say at a subconscious level, you know all therefore, turn it over to the higher guidance and release, doubt release that which would hold you back expectations and be open to receive we shall step aside. But we say dear friends that it is a privilege that you have invited us I speak in terms of us because we work in groups you have more than one guide there are for the earth plane many times when entities have groups that work with them. You might be only aware of one, but there are others with the group that is working with the guide, the guide the guide. So therefore know dear friends that you are never alone, alone that ness. separation is merely a thought form in the earth plane. A separation is merely a thought that is not a reality. There is only oneness, you are all one in spirit, you are interconnected into that very center of being and timelessness. And we say that you as you are in touch, you are in touch with the level of oneness. And you know that you are not alone. Thank you.

David 40:42

So once again, we have a reinforcement of what many of us feel is the most important lesson that we teach here at the Institute. You can take the tools that you have, and be your own source for the answers that you seek.